

# \*Fall 2018 Groups

## Trans Support Group

Semester-long emotional support group for UMBC students who identify as trans, genderqueer, gender fluid, non-binary, bigender, and/or those questioning gender identity.

**Fridays 2PM-2:50PM**

Facilitators: Amber Hager, Ph.D. [ahager@umbc.edu](mailto:ahager@umbc.edu) & Ryan Shea, M.S. [rshea@umbc.edu](mailto:rshea@umbc.edu)

## Reflecting Retrievers:

### Undergrad Student Support Group

Semester-long group for undergrad students to engage in self-exploration of personal and relationship issues impacted by the stress of college life.

**Wednesdays 1PM - 2:20PM**

Facilitators: Whitney C. Hobson, Psy.D. [whobson@umbc.edu](mailto:whobson@umbc.edu) & Kavita Pallod Sekhsaria, Psy.M. [kpallod@umbc.edu](mailto:kpallod@umbc.edu)

## Graduate Student Support Group

semester-long group for grad students to discuss stress of graduate school and relational/personal difficulties in a safe and confidential environment.

**Wednesdays 2:30PM - 3:50PM**

*(may change depending on participant availability)*

Facilitators: Soonhee Lee, Ph.D. [soonhee@umbc.edu](mailto:soonhee@umbc.edu) & Brett Kirkpatrick, M.S., Ed.S. [bk@umbc.edu](mailto:bk@umbc.edu)

## You've Got This Group

4-week group, focusing on distress and anxiety skills as well as coping strategies. Topics include mindfulness, thought as thought, emotion regulation, and interpersonal effectiveness.

**First Round:** 10/10, 10/17, 10/24, & 10/31 (Wednesdays, 10:30AM - 12PM)

Contact: Kavita Pallod Sekhsaria [kpallod@umbc.edu](mailto:kpallod@umbc.edu)  
Facilitators: Kavita Pallod Sekhsaria, Psy.M. & Scott Peck, M.A.

**Second Round:** starting 11/07 (Wednesdays, time TBD)

Contact: Ryan Shea [rshea@umbc.edu](mailto:rshea@umbc.edu)

Facilitators: Ryan Shea, M.S. & Lydia HaRim Ahn, M.S.Ed.



UMBC Counseling Center

410-455-2472

*\*Screenings are required; call the front desk or contact those listed above for more information. Counseling Center is the location for all groups listed.*